



SEP  
2016

## Parmesan Raviolini

with Pesto and Summer Vegetables

Nope, that's not a typo! Raviolini are mini raviolis that cook to al dente perfection in less than five minutes. Thanks to prepared pesto, this light, colorful, and healthy pasta dinner comes together in under 30 minutes.



**Prep:** 10 min  
**Total:** 25 min



level 1



nut free



veggie



Raviolini



Green Beans



Broccoli Florets



Yellow Squash



Pesto



Grape Tomatoes



Parmesan Cheese

## Ingredients

	2 People	4 People	
Raviolini	1)2)3)	9 oz	18 oz
Green Beans		6 oz	12 oz
Broccoli Florets		8 oz	16 oz
Yellow Squash		1	2
Pesto	2)	¼ Cup	½ Cup
Grape Tomatoes		4 oz	8 oz
Parmesan Cheese	2)	¼ Cup	½ Cup
Olive Oil*		1 t	2 t

\*Not Included

## Allergens

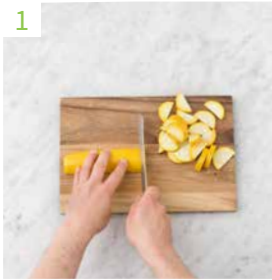
- 1) Wheat
- 2) Milk
- 3) Eggs

## Tools

Large pot, Slotted spoon, Large pan, Strainer

**Nutrition per person** Calories: 661 cal | Fat: 33 g | Sat. Fat: 5 g | Protein: 31 g | Carbs: 59 g | Sugar: 9 g | Sodium: 1079 mg | Fiber: 8 g

1



**1 Prep: Wash and dry all produce.** Bring a large pot of **salted water** to a boil. Cut the **green beans** into 1½-inch pieces. Halve the **squash** lengthwise before slicing into ¼-inch half-moons. Halve the **tomatoes**.

1



**2 Cook the raviolini:** Add the **raviolini** to the boiling water. Cook 4-5 minutes, until al dente. Remove with a slotted spoon, keeping the water on the stove for later.

**3 Add the broccoli:** Once the **raviolini** is done, add the **broccoli** to the boiling water. Cook 4-5 minutes, until tender.

4



**4 Cook the veggies:** While the broccoli is cooking, heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the **squash**. Cook, tossing, for 4-5 minutes, until softened. But don't forget about the broccoli! Now's the time to drain it. Then, add the **green beans** and **tomatoes** to the squash. Cook another 3-4 minutes, until crisp-tender. Season with **salt** and **pepper**. Add the drained broccoli to the pan.

**5 Toss:** Add the **raviolini**, **pesto**, and **Parmesan cheese** to the pan. Toss until thoroughly combined and season with **salt** and **pepper**.

**6 Serve:** Divide the **Parmesan raviolini** and **summer vegetables** between bowls and enjoy!

5



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